



MGA Dress Code Policy

2025-2026

Dress Code Policy

At Meadowlands Gymnastics Academy, safety and comfort come first! We ask all gymnasts to wear fitted, athletic clothing that allows them to move freely while keeping them safe on equipment. Proper attire helps coaches spot correct form, prevents accidents, and keeps the focus on learning and fun!

Girls' Gymnastics Classes

- **Leotards** (with or without shorts over them), no leggings please.
 - **No skirts, tutus, or baggy clothing** — they can catch on equipment.
 - **Hair must be tied back** securely to keep it out of the gymnast's face. Scrunchies are best, no claw-clips.
 - **No jewelry** (stud earrings are usually fine).
 - **No socks or dance shoes** — to prevent slipping on apparatus or floor surfaces.
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Boys' Gymnastics Classes

- **Fitted t-shirt or tank top** with shorts or athletic pants.
 - **Shorts should be above the knee** and not too loose, to prevent catching on equipment.
 - **No jeans, zippers, or belts.**
 - **Barefoot, no socks** — to prevent slipping on apparatus or floor surfaces.
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Tumbling Classes

- **Leotards** (with or without shorts over them), no leggings please.
- **Fitted athletic clothing** (like a tucked-in t-shirt/tank top and shorts) is also acceptable.
- **No sports-bras**
- **Hair must be tied back** securely to keep it out of the gymnast's face. Scrunchies are best, no claw-clips.
- **No jewelry** (stud earrings are usually fine).
- **No socks or cheer shoes*** — to prevent slipping on floor surfaces or trampolines. Cheer shoes may be worn if permitted by instructor.

Ninja Classes

- **Fitted t-shirt or tank top** with shorts or athletic pants.
- **Shorts should be above the knee** and not too loose, to prevent catching on equipment.
- **No jeans, zippers, or belts.**
- **No jewelry** (stud earrings are usually fine).
- **Hair must be tied back** securely to keep it out of the gymnast's face. Scrunchies are best, no claw-clips.
- **Sneaker, athletic shoes.**

General Notes

- Gymnasts are **barefoot in the gym** for safety and grip.
- **Water bottles** should be kept in cubby area.
- MGA staff may ask for attire adjustments if something is unsafe. Coaches may tape over earrings with band-aid/athletic tape if unable to remove.